

A black and white photograph of the iconic Iwo Jima flag-raising scene. Several Marines are seen in silhouette, struggling to hoist a large American flag onto a tall pole against a bright, hazy sky. The flag is partially unfurled, showing the stars and stripes. The scene is set on a rocky, uneven terrain.

# **USMC UPDATE**

## **AFEB Fall 2004**

**CDR David McMillan, MC, USN**  
**Preventive Medicine Officer**  
**Headquarters, U. S. Marine Corps**  
**Health Services**

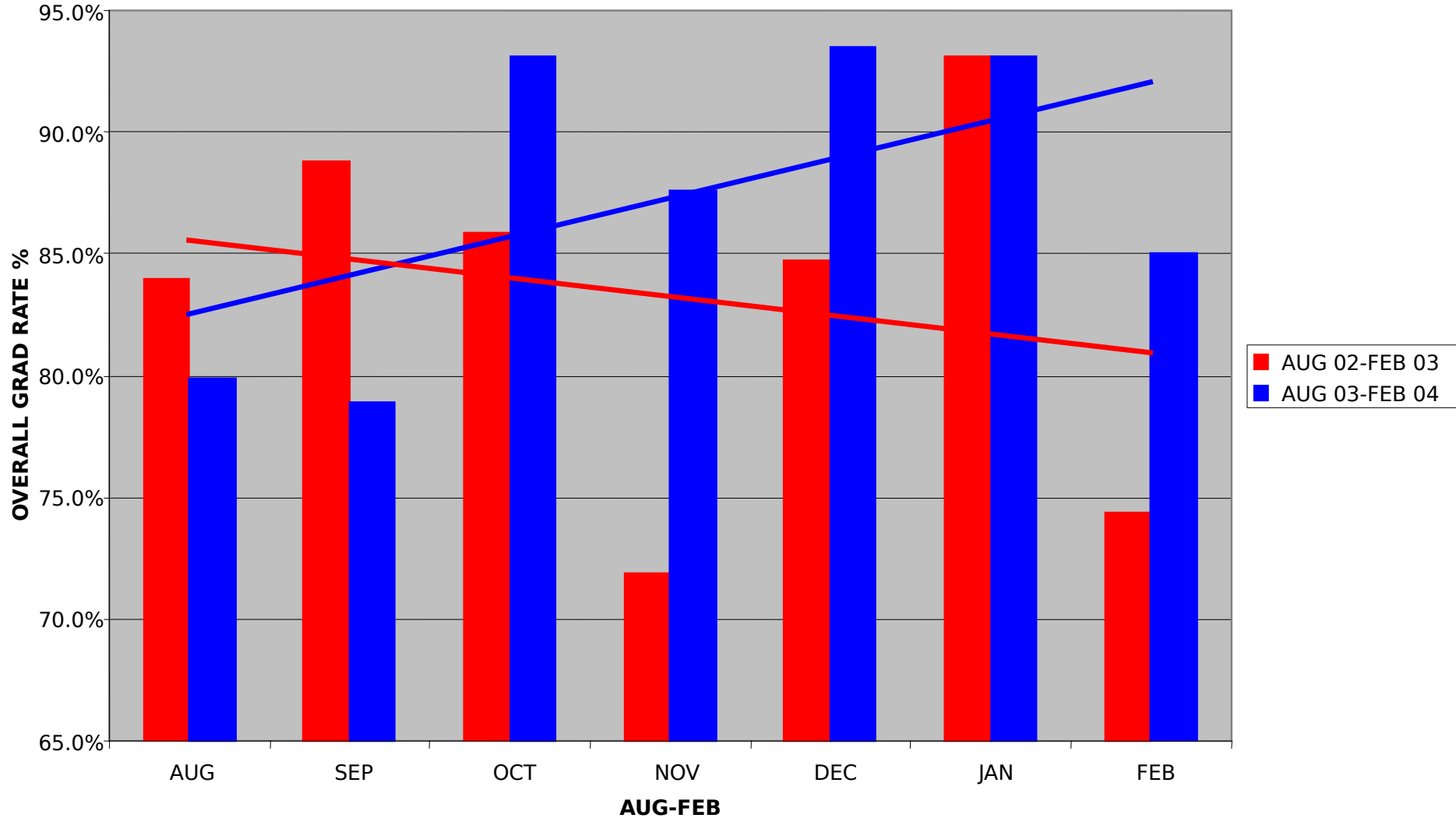


# Sports Medicine and Injury Prevention

- Program funding continues. Covers East and West coast USMC training facilities.
- Goals of decreased loss due to injuries while maintaining fitness improvements.
- Secondary Prevention, continues.
- Primary Prevention, incremental improvements.

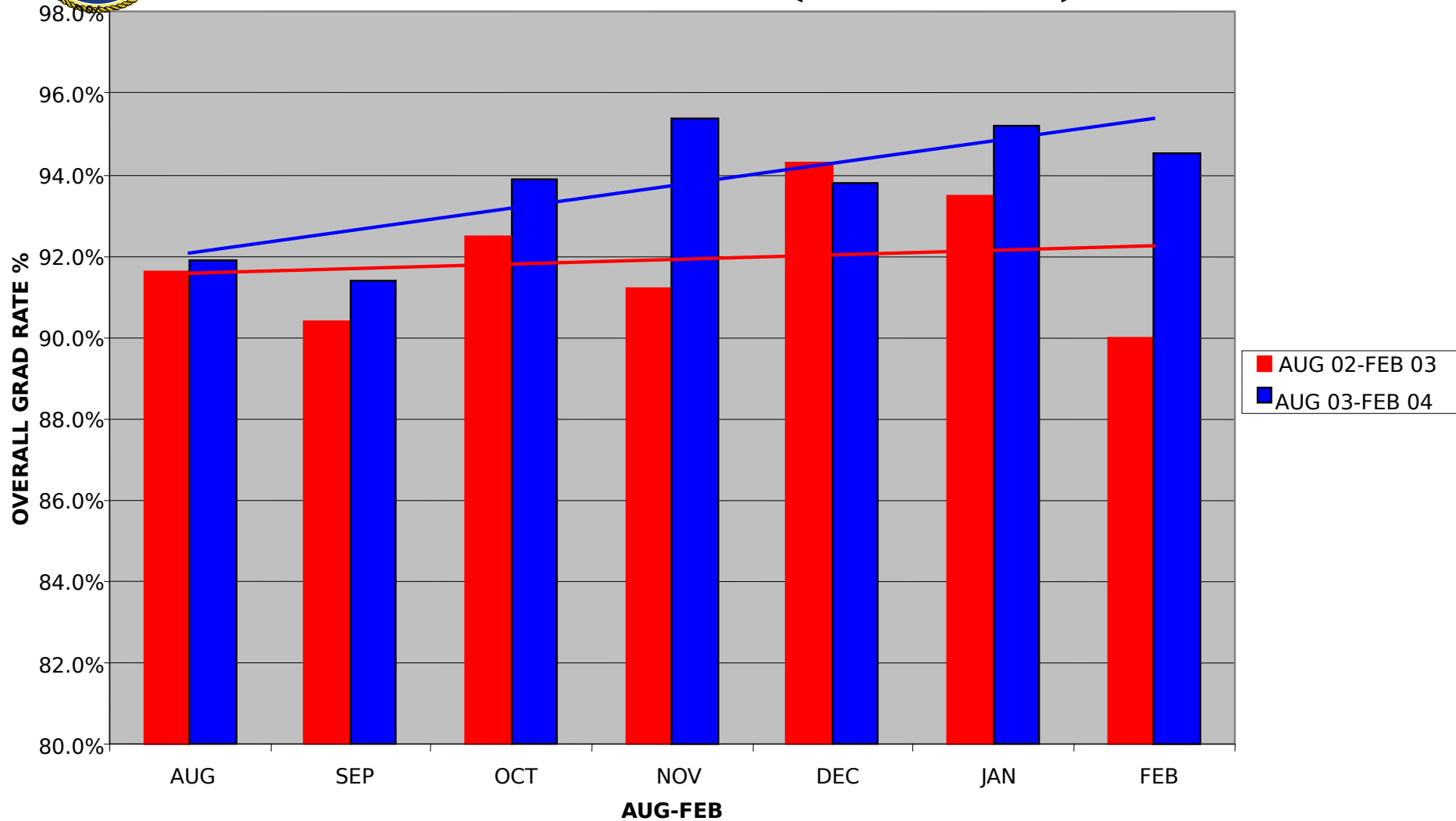


# OVERALL GRADUATION RATE (FEMALE)



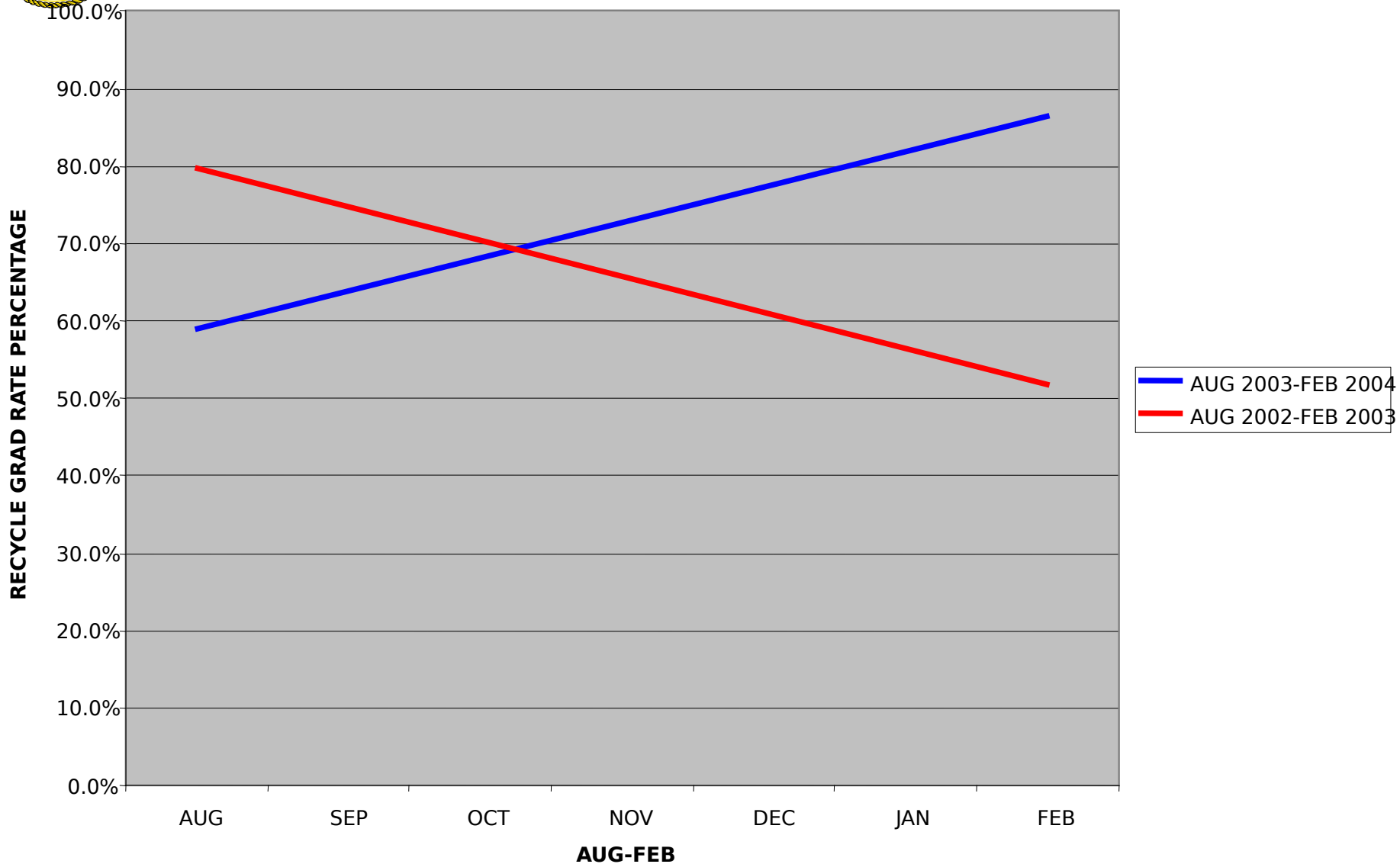


# OVERALL GRADUATION RATE (MALE)



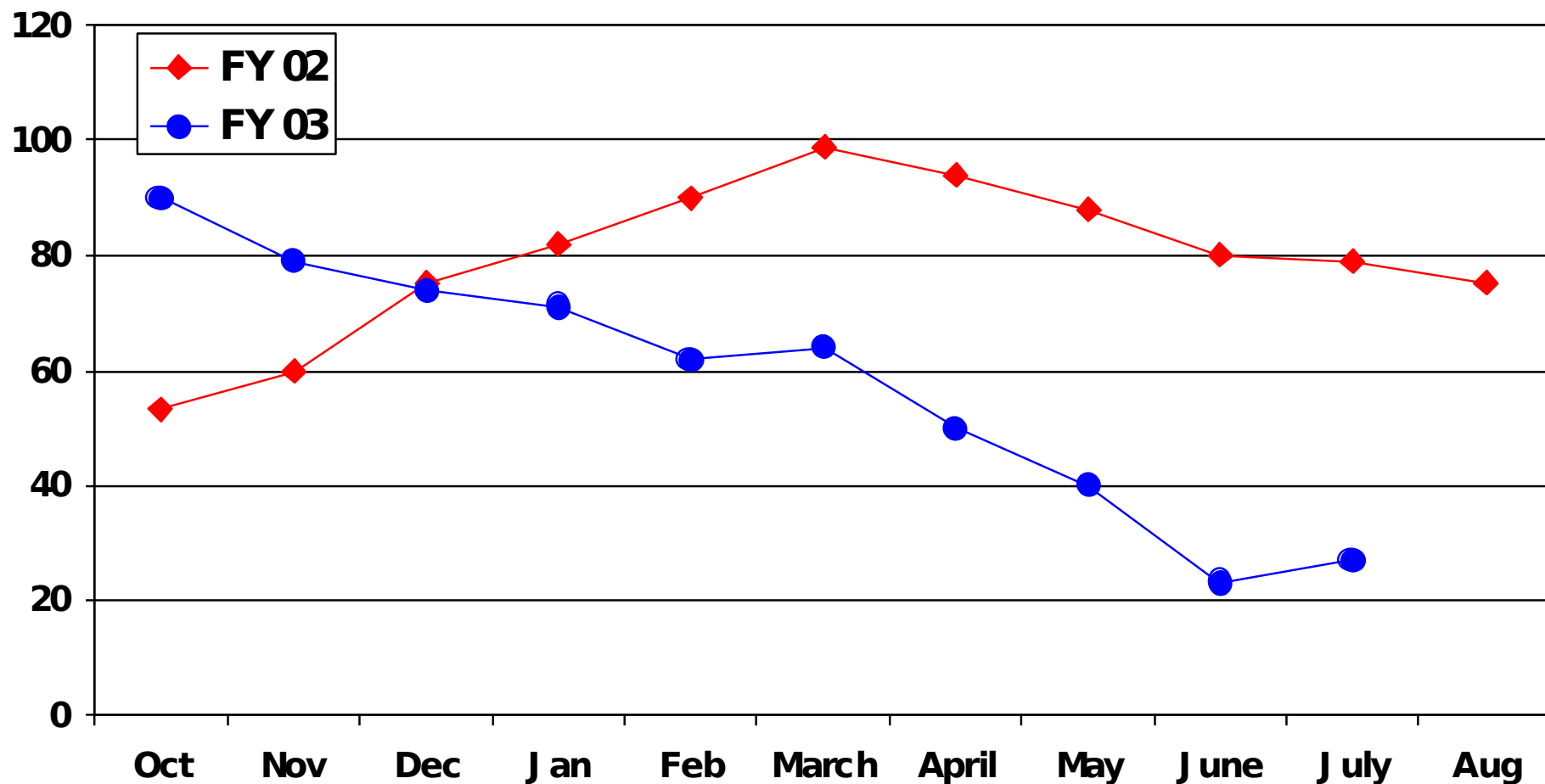


# RECYCLE GRADUATION RATE TREND (FEMALE)

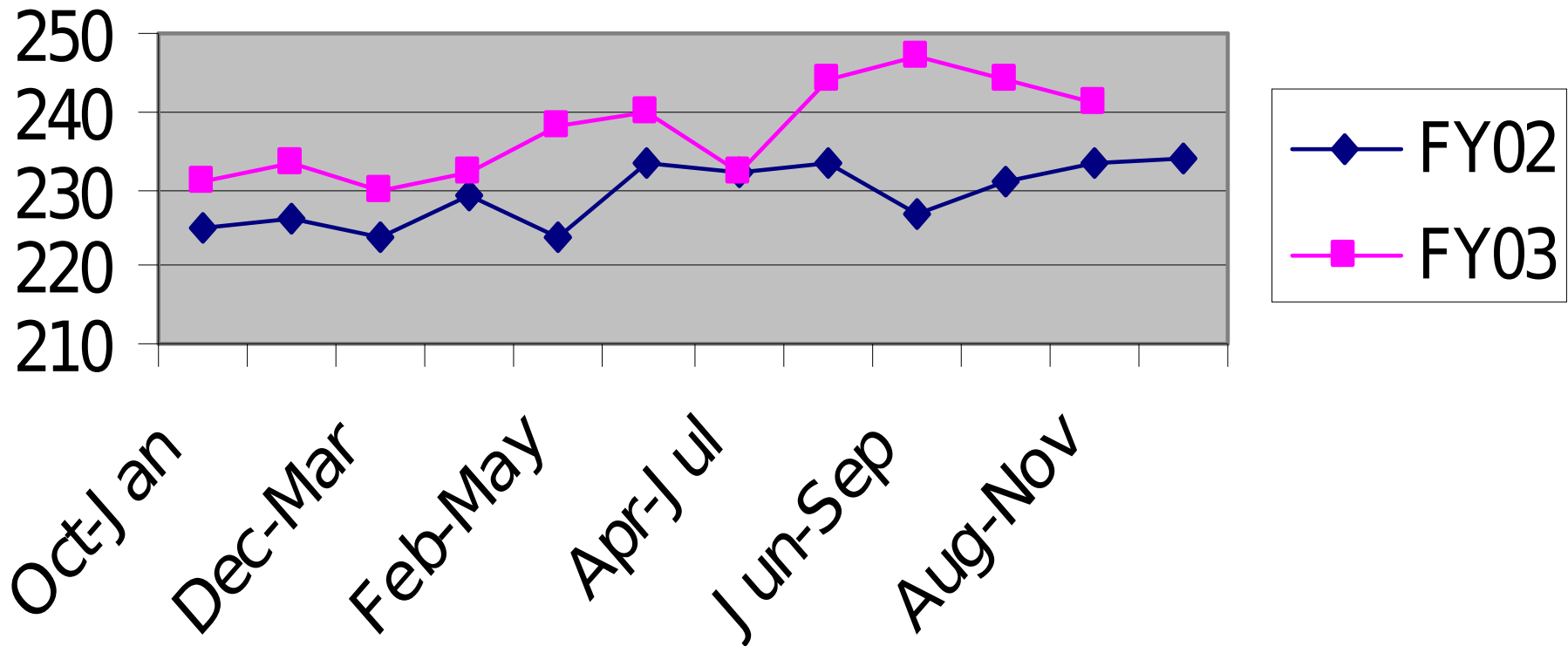


# Follow on Command

New Marines Being Held Out of Training Due to MS Injuries



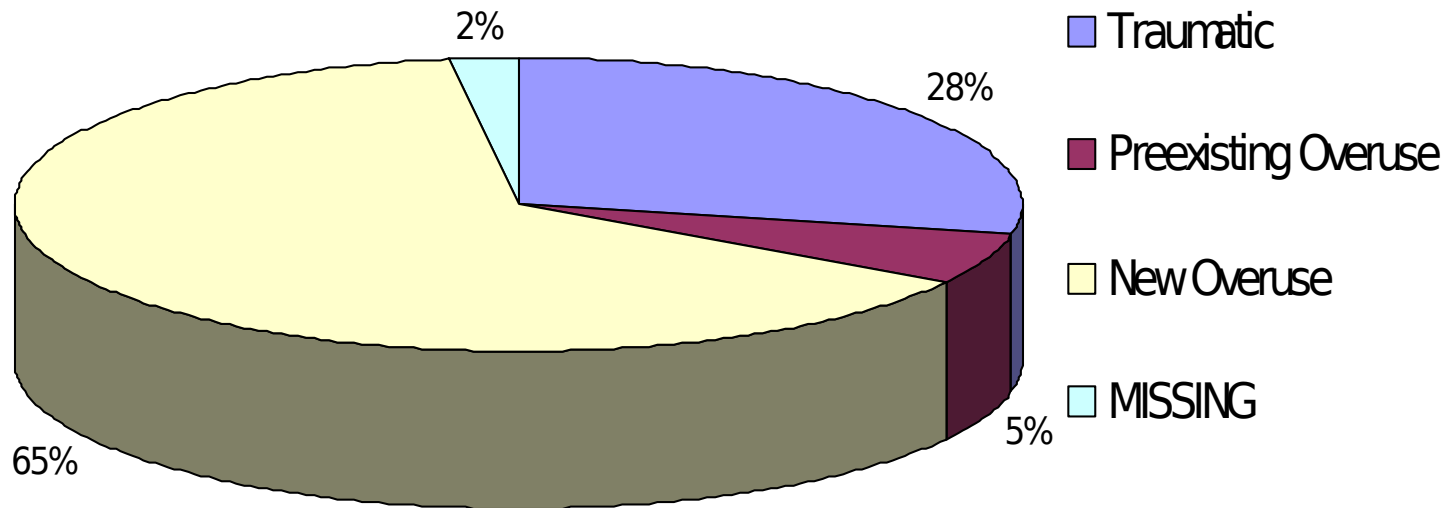
# Average Graduating PFT Scores



**New Marines also graduated with higher PFT Scores in FY03**



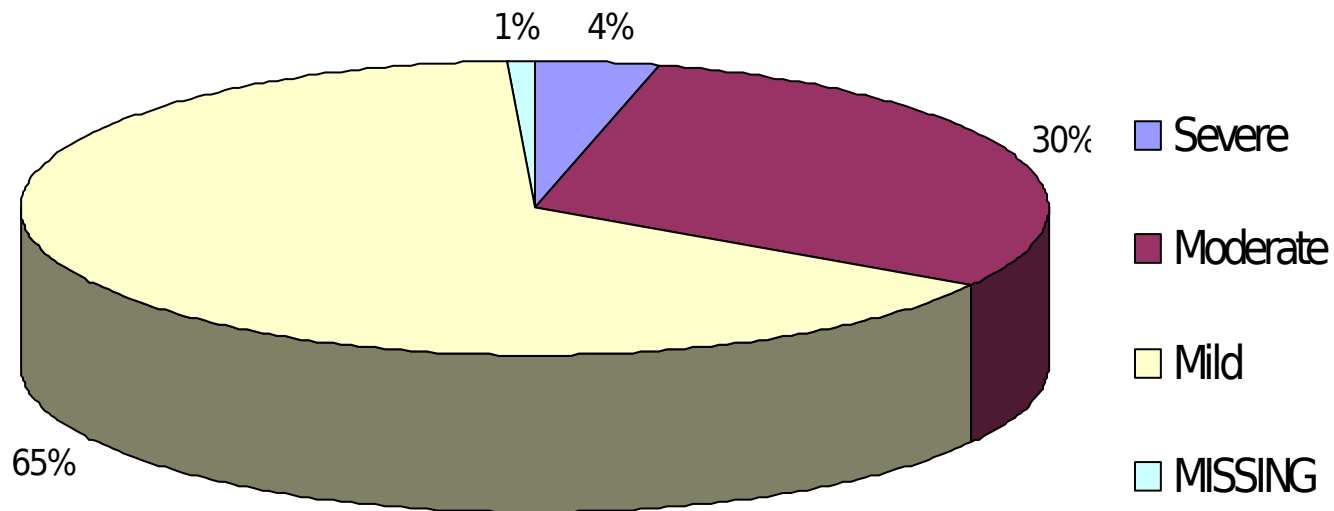
# INJURY BY CATEGORY, APR-MAY 2004







# SEVERITY OF INJURY, APR-MAY 2004





# USMC's Periodic Health Assessment Policy

- Released as message, Nov 2004.
- Program elements on IG checklist.
- Preventive and Periodic assessments:
  - Individual Medical Readiness components.
  - Force health protection.
  - Deployment Health Assessment QA
- Command-level health risk tracking.



# Questions?